

Record.

THROAT

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VOL. XII. NO. 43.

GREENVILLE, KY., THURSDAY, DECEMBER 8, 1910.

50c. PER YEAR, IN ADVANCE

Teeth-Preserving Foods.

In all the lessons given on the subject of the preservation of the teeth by the aid of the dentist and the tooth-brush, it is usual to lay ender. stress on the fact that food is the arch-enemy of the teeth. But this is only a partial truth, the opposite New Subscriptions Received at this of which is quite as true.

It is now fully recognized and taught by good dentists that foodstuffs are very valuable preventives of decay; but they must be the right foods and used in the right way.

Almost all adults, unless they are acutely ill, or hopeless dietetic "cranks," will have included in their daily meals enough of the right sort of tood. It is young children who are the principal sufferers from well-meant errors in this plaining of life's bread. respect. There is a strong feeling that the transition from the purely talks about making sunshine. liquid diet of babyhood to the solid dict of adult life should be made very slowly, and that the longer children can be kept on "slops" the less their systems will be taxed. This is a mistake.

When the first teeth make their appearance, it means that they are there to work. If a proper amount of hard foods is provided for them, they will not only work, but will at the same time do a great deal toward keeping themselves clean.

Decay in the teeth is the result of fermented food lodging in every lit. to help. tle crack and crevice it can find. Every mouth, however clean and cellent way of making a hard pillow healthy, will always provide the con- for yourself. ditions for this fermentationwarmth, moisture, exposure to the air, and the presence of bacteria. look like a permanent frost. These bacteria of the mouth, which are always there, are powerless unless they get this stagnating, termenting material to work with.

Food may be divided into two kinds, also. types-the soft, clinging, fermentable type, such as soft puddings, bread soaked in milk, bread and fam, all the things young children get so much or, and the urm and ous foods which demand mastication and crushing by the teeth,

These fibrous foods stimulate masthe jaws with the exercise so necessary to them. They also remove cannot ferment or form acids.

It is not proposed for a moment that young children should not be allowed to have their bread and milk and all the usual long-established nursery foods, but it is urged that they should also be given enough of the fibrous foods to keep the teeth clean and to exercise the muscles. Give the little one whose first teeth are just through, a piece of crisp toast instead of a lump of doughy bread or biscuit, and let the market. older children finish up with apples or some other fresh fruit.

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There is one especially good thing about a Christmas present of The Youth's Companion. It shows that the giver thought enough of you to give you something worth while.

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appropriate or welcome, just visit answered by E. H. Bacon, D. P. A. the home of some Companion sub- Louisville, Ky. scriber on Companion day.

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the subscriber Chrishmas morning, if desired.

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Impatience is the worst foe of im-Conscience is often a polite syn-

onym for cowardice. Many are eating burrs and com-

Much moonshine goes into pious

You never catch up with a man by trying to get even with him.

Difficulties are often the barnacles that grow on delayed duties.

A dead heart enjoys being a lively onscience-on others' affairs.

Men are known by the good they do rather than the goods they have. There is a lot of difference between making good and making

The Christian who follows his master cannot fail to find chances

Cherishing hard feelings is an ex-

It is no use praying over Greenland's icy mountains as long as you

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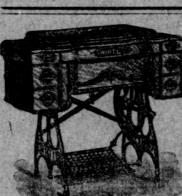


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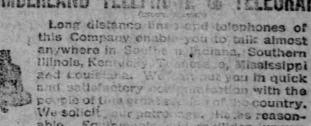
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